Lost-Proofing Trip Plan

A simple plan that could save your life. Fill it out before every trip.

Fill out before your trip and send a photo or copy to a friend.

Trip Basics

Name:	
Destination or Area:	
Starting Point (trailhead, GPS, or landmark):	
Purpose of Trip (hike, hunt, fish, scout, etc.):	
Planned Route or Direction of Travel:	
Expected Return Date and Time:	

Emergency Contact Info

Contact Name & Phone Number:	
When They Should Call for Help (time/date):	
Who to Contact for Help (911 or local sheriff/SAR):	

Companions & Vehicle Info

Names of Companions (if any):	
Vehicle Make, Color, and Plate:	
Parked At (lot, landmark, or GPS):	

Test all communication devices before leaving. Check batteries and bring backups.

Gear & Communication Check

- ☐ Map & Compass
- ☐ Fire Starter
- ☐ Food & Water
- ☐ Tested Comms
- ☐ Phone or GPS
- ☐ First Aid Kit
- ☐ Whistle or Signal Mirror
- ☐ Backup Batteries
- ☐ SPOT / Garmin / SatPhone
- ☐ Shelter or Tarp
- ☐ Extra Clothing
- ☐ Visible Clothing or Panel

Health & Emergency Info

Medical Conditions or Medications:	
Allergies:	
Emergency Contact Name & Phone:	

Print • Fill • Leave a Copy with a Trusted Friend Before You Go

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Important Details for Searchers

Clothing Description (outer layer, pack color, boots, hat):	
Last Known Location (if applicable):	
Nearby Hazards (cliffs, rivers, snowfields, etc.):	

If I Don't Return

- ☐ Try calling or texting me.
- ☐ Check with my companions.
- ☐ If still no contact by the time listed above, call 911 or local Search and Rescue.

Last Check Before You Go

☐ Take a photo of yourself in your current clothing and send it to your contact.

☐ Share a photo of your vehicle showing color and plate.

☐ Share this completed form (or a photo of it) with your contact.

☐ Double-check weather conditions for the area.

☐ Charge your phone and other devices fully.

☐ Pack a backup power source and power cables.

☐ Test your signaling device and confirm it's working before departure

☐ Verify your emergency contact knows when to call for help.

☐ Make sure they understand your route, destination, and expected return time.

☐ Make sure your signal whistle is on you, not in your gear.

☐ Review your gear.

Gear Checklist (Baseline Items)

This list is a baseline reminder for field readiness. Adapt for terrain, weather, and duration.

☐ Cutting tool (knife, multitool)
☐ Care (trauma/ first aid kit)
☐ Combustion (lighter, ferro rod, matches)
☐ Communication (whistle, satellite comms)
☐ Container for water
☐ Cover (tarp, poncho, bivvy, shelter)
☐ Compass (navigation tools, map, GPS)
☐ Cordage or paracord
☐ Water purification (filter, tablets)
☐ Extra layers or insulation
☐ Waterproof layer or rain gear
☐ Headlamp w/ extra batteries
☐ Hat and gloves
☐ Backup power
☐ Small repair kit
☐ Personal medications
☐ Trash bag or dry sack
☐ Food and snacks
☐ Comfortable pack to carry gear
☐ Bear Spray and/or Firearm
☐ Sunglasses

Date Completed: _____

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